

Proud member of:



Perú Register Sales Tax License: 20528015752



Inka Trail Expeditions Perú

# RAINBOW MOUNTAIN

## FULL DAY

### VINICUNCA



11 AM

PHULAWASIPATA



1 PM

RAINBOW MOUNTAIN





# *Welcome!*

## VINICUNCA “THE RAINBOW MOUNTAIN AND THE RED VALLEY” 1 DAY

***With ITEP “Every step is a great Adventure”***

*...A once in a lifetime physical, cultural, and spiritual journey that will take you through the magnificent Vinicunca Mountain to the beautiful Rainbow Mountain and the red Valley...*

*... Get back to nature and experience the exotic flora and fauna of Vinicunca on a full-day trek. Marvel at the beautiful Rainbow Mountain and the red valley close to the Ausangate Mountain a sacred mountain of the Incas...*

*... Vinicunca Located in the district of Cusipata and under the snow that gives it its name, the rainbow mountain is impressive and majestic for all those nature lovers...*

*... Get stunning views of the glacier the sacred Ausangate the “Apu Ausangate” ...*

*... Share in the culture and customs of **local Andean families** who maintain centuries-old traditions...*

*... Witness environmental and social initiatives to **maintain the natural integrity** and improve quality of life in the region...*

## THE RAINBOW MOUNTAIN "VINICUNCA" 01 DAY!

By ITEP "Inka Trail Expeditions Perú" ...

... Vinicunca also known such as the "Rainbow Mountain"

Vinicunca is considered by National Geographic Magazine as one of the places to visit before you die. The Vinicunca or Rainbow Mountain in Cusco, Peru, is an exclusive and unique place in the Andes, here you enjoy the beautiful scenery of the attractive Ausangate snow Mountain, the Andean Valleys of the Incas, and sacred snow-capped mountains such as the Ausangate Apu, Vinicunca mountain is an amazing tour to visit and explore in Cusco, during the Full day tour you can see the impressive colors of the mountain and its landscape, with stunning snow-capped mountains, also, along the way you can enjoy the Andean Fauna "llamas, alpacas and much more".

The "Rainbow Mountain" via Cusipata full day trek is a new short trail to hike to Vinicunca mountain: also known Vinicunca is an undiscovered land full of wild desert landscapes, snowcapped glaciated peaks, herds of alpaca and pristine beauty of the Andes. The Rainbow Mountain Full Day is an amazing option trek leaving from Cusco.

On this walk you will see picturesque villages, beautiful "adobe" houses, herds of llamas and alpacas, and you will have a magnificent view of the glacier Ausangate (6,385 m / 20,945 feet). With the beauty and uninterrupted solitude, this is a spectacular journey for hikers who love a true outdoor adventure.

Secondly, ITEP Travel offers high altitude ecotourism in the mountains, Vinicunca Full day Tour is one of them; and is perfect for nature lovers; this is a new authentic experience in the Andes of Cusco. Join an exclusive ITEP travel group; Cusco explorers like you who seek to achieve their dreams in Cusco, Perú and Machupicchu. So if you are in Cusco or wherever, don't miss out, the rainbow mountain Tour will be a spiritual gate to the Andean Gods, such as the Mother Nature # Pachamama, we are sure that you will have a unique and memorable experience. Also there is Vinicunca 2 days tour with an overnight in our Andean Lodge and we can fix travel packages in Cusco including the experience for Rainbow Mountain.



### VINICUNCA HIKING, TREKKING DIFFICULTY SCALE



Day 01:

*"Please see the meaning of each symbol on the penultimate sheet"*



# Is this tour for me?

**Experience:** *Rainbow Mountain and the red valley 01 day.*

**Duration (days):** 01 Day to Vinicunca mountain in Cusco

**Language:** English & Spanish “Other Languages on request”

**Close Airport:** Cusco /Perú

**The Highlights:** The Ausangate snow peak, Vinicunca Rainbow Mountain and the red valley.

**Travel Style:** Active

Unique Experience, trekking adventure, made for outdoor people.

**Trip Type:** Small Groups

Small group experience, Avg 12 to 16 people “keeps in mind that small groups means authentic experience”.

**Age requirement:** 12+ all travelers under 18 years old must be accompanied by an adult.

**Physical Rating/ Grading:** 1 2 3 4 5

**The Distance: Moderate:**

From the trailhead it takes about 45 minutes to get to the Rainbow Mountain. The trail is steep and a bit slippery in places.

## Vinicunca Mountain Altitude:

The Rainbow Mountain “the 7 colors mountain” is located more than 100 kilometers from the city of Cusco, on an altitudinal summit located at 5,200 meters above sea level

- **Day 1:** by car: Cusco – Cusipata.

Trekking Cusipata– Vinicunca Mountain 13 Km (8.08 miles).





**Price:** Prices will vary according service level and inclusions.

Classic Service	Vinicunca the rainbow mountain Full day
-----------------	---

Please check our Prices table in attached and their inclusions

**Activity:** Trekking, Adventure

**Country:** Perú

**City:** Cusco

**Acclimatization:** Please allow yourself a minimum of 2 days in Cusco before your hiking experience to Vinicunca.

**Highlights:** Vinicunca, Rainbow Mountain Sacred Mountain, Ausangate sacred glacier mountain.

**Limited Spaces:** YES. To protect the sacred rainbow mountain, there are a limited number of visitors.

**More about the experience:** Vinicunca is easily one of the best day trips you can take from Cusco Peru. It's one of the most gorgeous places in Cusco! If you're planning a trip to Peru, don't miss this hidden gem!

**Request a Quote:** We can customize this private trek just for you. Any detail can be tailored – activities, length, hotels and other destinations.

#### Video about the Vinicunca Rainbow Mountain:





# About ITEP Eco Travel

(ITEP) INKA TRAIL EXPEDITIONS PERÚ, offers “Exclusive Adventure at its finest”: The opportunity to experience the essence of adventure within the realm of revitalizing comforts. But for ITEP Eco Travel, a great adventure does not end there: In order for it to be a life-changing experience for our guests, we believe that the experience has to be an adventure on many levels.

This is why our proposal goes far, beyond comfortable Adventure and great trek. It is a unique opportunity to experience ancient history in the land of the Incas, contemporary manifestations of deep-founded culture, the most interesting and exotic variety of flora and fauna, culinary surprises, the determination of local people to progress, new friends and like-minded souls.

## The Proposal

We propose an expedition an exciting Perú adventure of surprising comfort that takes you on an ancient trail called the “the Vinicunca Rainbow Mountain Trail”. The route winds through the Cordillera Ausangate, a spectacular Andean mountain range, before plunging into forested canyons. Discover a world surrounded by magical moments which will stay with you far beyond your return home. See why the majestic peaks with their emerald-green glacial lakes inspired awe among the natives who consider them gods “The Sacred Vinicunca”.





## DAY 1 | Cusco – Vinicunca “Rainbow Mountain” – Full Day.

**Highlights: Vinicunca.**

**“Smooth trekking day” Acclimatization day.**

Very early in the morning “5am”, Pick up from your hotel, we will begin our adventure towards the rainbow Mountain “Vinicunca”. We go with our transport to the community of CUSIPATA by paved road approximately 1:30 hours, then continue along the Cusipata branch for a space of 30 minutes more, until arriving at CHILLIHUANI village, where we will pass through picturesque places such as TINTINKO, RIO TIGRE, we will observe the Mountain of Surina from the LLACTO village, then we will pass the control of the local government of CUSIPATA, in this place you can appreciate the flora and fauna in their natural habitat. (Llamas, Alpacas, Vicunas, etc.). Where we will continue our journey along a road for about 20 minutes until we reach the starting point of our walk.

We began our adventure towards the Rainbow Mountain for 1 hour and a half approximately, where we can appreciate panoramic views such as the Red Valley and Mountains with Nevado del Ausangate and small lagoons, where we will have lunch and we will be able to appreciate and take pictures of the Mountain of colors. Then we will begin to descend to our starting point for 1 hour and a



**Walk and Terrain:** Walk, canter on open roads, some steep ascending trail

Half approx. Our Transport will be waiting for us there. Then return to Cusco for 2 hours approx. We are going to arrive at 5:00 p.m. approx. and we will leave you at your hotel.

**Walking Time:** Approximately 3 hours  
(Including a picnic lunch in the route).

## About the Rainbow Mountain “Vinicunca”:

**Please note:** Itinerary may change (be different from this itinerary) depending on booking time and availability, Weather conditions or on restrictions undertaken for safety reasons by the Peruvian Government.

### THE RAINBOW MOUNTAIN 1D “The Vinicunca Mountain”

#### VINICUNCA THE RAINBOW MOUNTAIN CLASSIC STYLE

#### What is Included?

- **Pre-departure briefing:** You will meet your **Rainbow Mountain** guide and group in our office for an orientation before your trek. The meeting will be at 6:00 PM, the evening before the trip begins. **In case you can't come at this time “please let us know” to coordinate another time.**
- **Touristic Transport:** You will be picked up from your hotel in Cusco in the morning and will travel by private transportation to **PULAWHASIPATA** the starting point of the **trek to the Vinicunca Rainbow Mountain.**
- **Adventure Experienced rainbow Mountain trek Tour Guide:** English speaking, professionally educated, and official tour guide with tourism certification. They all grew up in this region and have a true passion to teach others about their heritage. Your guide will explain the culture and surroundings along the entire route, including leading your group in ancient ceremonies! He or she will keep you safe, sound, and comfortable on your trek so that you can enjoy your time along the Inca path and will ensure you are safe and happy.
- **Entry ticket to the Rainbow Mountain trail**
- **Meals:** 1 Breakfast, 1 Lunch, (**Vegetarian, vegan, or special menus** are available at no extra cost)
- **Medical kit and Oxygen bottle:** Our crew will bring a first-aid kit, including emergency oxygen bottle.
- **Transfer back to Cusco:** Private touristic transport from **PULAWHASIPATA** to your hotel in Cusco (**Day 1**)
- **24-hour guest service:** We have telephone service available 24 hours/day for ease of communication and preparation with the agency leading up to your trek.

#### Not Included:

- **Walking Sticks:** You can rent a set from our company if you would like.
- **Personal clothing and gear**
- **Travel Insurance**
- **Tips for our staff:** Please note that our agency staff is well paid so please feel free to tip or not as you wish “Recommendation: Take usd 6 to usd 8 per day per traveler for all the trek staff”- Once again it is optional and can vary according your satisfaction.
- **Additional costs** or delays out of control of the management (landscape, bad weather condition, itinerary modification due to a safety concern, illness, change of government policy, political instability/strike, etc.)

*Thank you for choosing ITEP “Inka Trail Expeditions Perú”!*



With ITEP “Inka trail Expeditions Perú” every step is a great Adventure!!! Working hard for create a Memorable Lifetime Experience for you!!!.

**STUDENT DISCOUNT:** \$5 off per person

Student discounts apply to anyone who has a valid UNIVERSITY STUDENT CARD at the time of the trek or who is 17-years-old or younger. For those using a university student card to receive the discount, we need to see a copy of the card at booking. For those booking children 17-years-old or younger, we need a copy of their passport at booking time. Please send us a copy of your student card

### **ADDITIONAL ITEMS:**

There are several optional upgrades you can include in this trip. Below is a quick list of it, but check our Overview section for more details.

- Walking Poles –USD15 per pair per trek (Professional Poles that can be extended)
- Extra Horse for Ride on the trek “in case you don’t want to walk really much and you think you going to need some help –USD80 per person (round trip)





# *OUR RAINBOW MOUNTAIN "VINICUNCA" ON PICTURES!*

*1<sup>ST</sup> Day: "Cusco/ Cusipata/ the Rainbow Mountain Vinicunca"*













# Pre and Post - Perú, Vinicunca Additional Travel Service

Our travelers recognize us for something unique, and it's not for building lodges on a remote mountain trail, it is for the experience, service and magic we have created. As a consequence of our success with the journey to Machu Picchu, the market values us as a boutique operation, highly focused on customer service, always striving for excellence, and fused with a significant attention to detail. Our motivation is to design super travel experiences and create wondrous memories for our guests on some occasions even life changing ones!

## Lima

Did you know that most international flights arrive at Lima Airport either late at night (11pm) or early in the morning (5am) and that connecting flights to Cusco start at 6am? Spending the night at a Lima hotel (even for a few hours) will allow you some rest so that you can better enjoy the rest of your trip. We can book a range of hotels (from 3 to 5 stars) for you at the airport or in the cosmopolitan Miraflores, San Isidro districts of Lima.

## Cusco & Machupicchu

We always recommend that our guests spend at least two nights in Cusco prior to the start of your trekking adventure (if your travel allows it) in order to better adjust to the elevation. We would be happy to take care of your hotel reservations, transfers and can set up personalized tours such as the Machupicchu experience during your stay in Cusco. Enjoy exploring the city of Cusco and its surroundings, which offer many great cultural and historical attractions such as the Sacred Valley of The Incas, The colorful Rainbow Mountain. Additionally, you can enjoy fine dining, traditional shows, and bargain shopping.

## Extension Packages

Do you feel like exploring more of Peru? Ask for the extension, explore the colorful island communities of Lake Titicaca (the highest navigable lake in the world), adventure into the rich wilderness of the Peruvian Amazon jungle, or visit Colca Canyon, with its incredible depths, Inca terraces, and soaring condors.





# The RAINBOW MOUNTAIN map

## RAINBOW MOUNTAIN MONTAÑA DE COLORES

317 San Agustín Street - Cusco - Perú  
Phone: +51 084 231344  
Cell: +51 984621294  
Email: sales@iteptravel.com  
www.iteptravel.com



## FULL DAY

### LEGEND

- Vía del bus / Route bus
- Sendero / Path



Montaña de Colores  
Rainbow Mountain  
(5020 m.s.n.m)



2:30 horas  
(77 Km.)

START POINT

Phulawasipata  
(4626 m.s.n.m)

Chillihuani  
(3870 m.s.n.m)

Tintinco  
(3870 m.s.n.m)

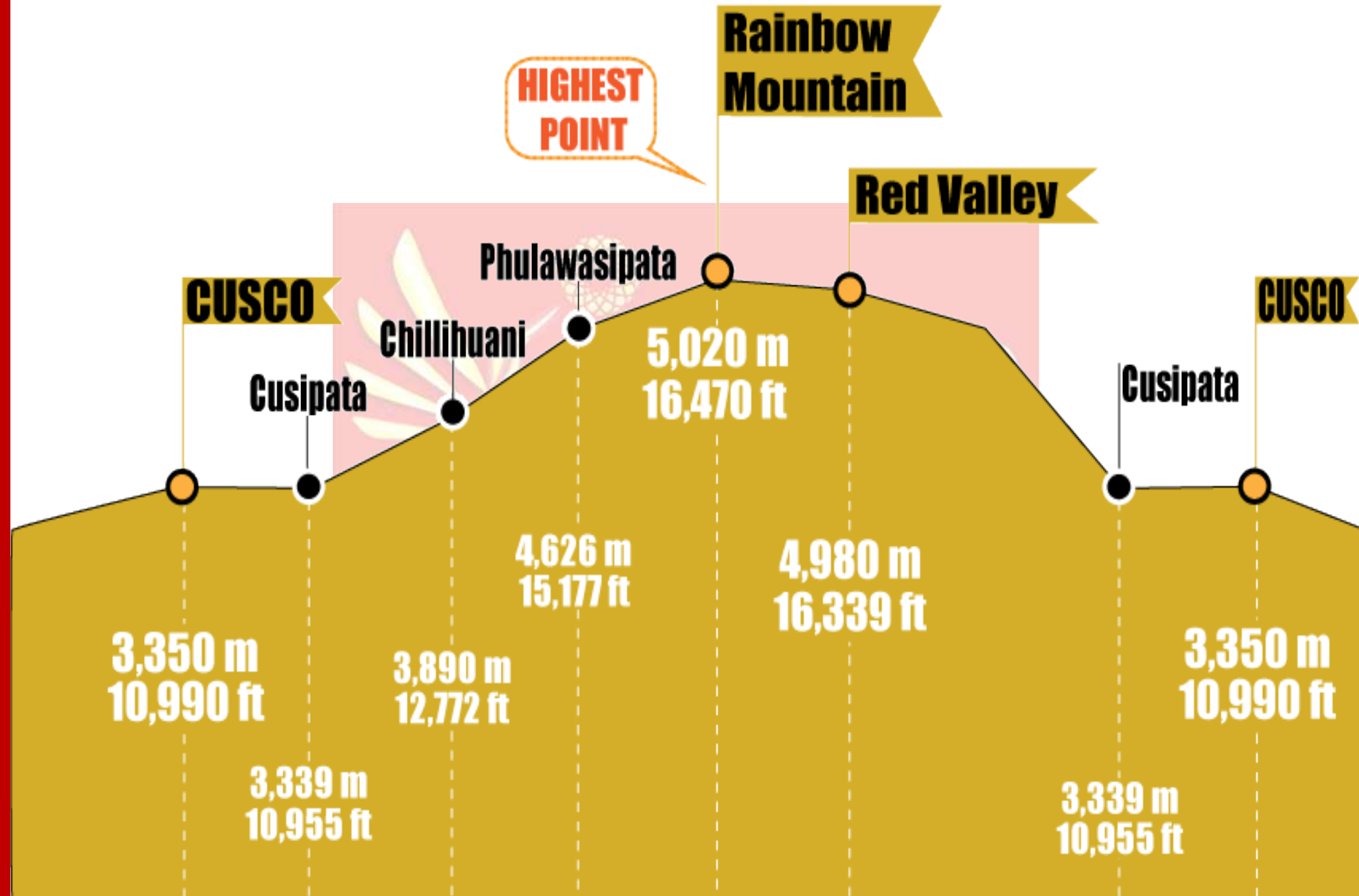
Cusipata  
(3319 m.s.n.m)

a Puno  
to Puno

Cusco



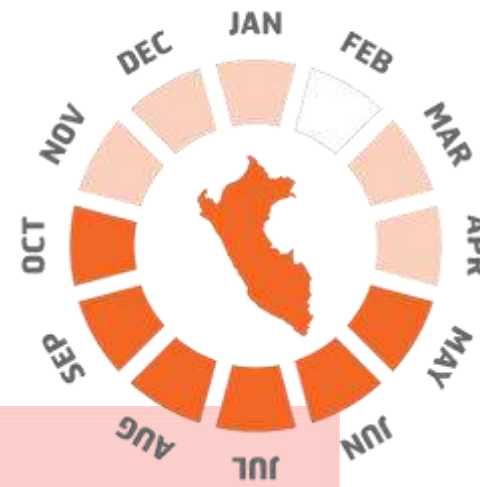
# Locations, Altitudes, Distances and Times





# VINICUNCA “THE RAINBOW MOUNTAIN” TRAIL WEATHER














The weather can make a big difference to your hiking to rainbow mountain. Heavy rain, freezing nights, blazing sun and howling winds are all possible on your day hike to Rainbow Mountain. If you pick the right months though (see below), the days will generally be warm and dry, and the nights mostly above freezing. Just make sure you pack warm clothes for the evenings.



**Peak Season**  
Winter is the dry season and perfect temperature for hiking. The most popular time to visit.

**Quiet Trails**  
Enjoy the quieter trails but prepare for the odd shower of rain.

**Inca Trail Closed**  
Trail is closed for maintenance.

	J	F	M	A	M	J	J	A	S	O	N	D
<b>Weather</b>												
<b>Avg High</b>	20°C 68°F	21°C 70°F	21°C 70°F	22°C 72°F	21°C 70°F	21°C 70°F	21°C 70°F	21°C 70°F	22°C 72°F	22°C 72°F	23°C 73°F	22°C 72°F
<b>Avg Low</b>	7°C 45°F	7°C 45°F	7°C 45°F	4°C 39°F	2°C 36°F	1°C 34°F	0°C 32°F	1°C 34°F	4°C 39°F	6°C 43°F	6°C 43°F	7°C 45°F
<b>Wet days</b>	18	13	11	8	4	2	2	4	7	8	12	16
<b>Rain (mm)</b>	140	115	100	40	8	3	3	8	20	50	65	105

*Follow the sunny symbols and ease the Vinicunca difficulty... a little, anyway.*





# Preparing for the Rainbow Mountain Trek.

We recommend that our guests spend at least 2 nights in Cusco prior to departure. This helps with acclimatization to the altitude and also provides an opportunity to explore the beautiful city of Cusco and Machupicchu.

Travelers can feel the effects of higher altitudes as low as 6000 feet (2000 meters) above sea level. They differ in their tolerance for high altitude conditions and how their bodies react to the changes in air pressure and oxygen level. Therefore, we encourage our guests to undergo appropriate preparation by regular cardio-vascular exercise, even if conducted at low elevation, and to adopt a healthy, balanced diet prior to the trip.

Without at least *some* pre-trip training, or a good basic level of fitness, trekking is hard work. Let's be real – it's hard work anyway. The toll for a great trek is paid in sweat. Sore calves and aching quads are badges of honor, with blisters and lost toenails marks of pride.

But in return, you get some of the most untouched, pristine and jaw-dropping scenery on the planet. And you know what? The more you train for your epic hike, the easier it'll be. And you don't have to be an Iron Woman/Man to climb to Andean Mountains or reach the top of Mt Machupicchu. Far from it, trekking is available to anyone; you just have to be sensible and work a bit for it. Here are a few of our top prep tips for your upcoming trek:

## **1. Start walking now (it's never too early to start training)**

This may seem like the most obvious step to start with (pardon the pun), but you'd be surprised how many people don't do it. The best way to prepare for a really long walk? Do some really long walks. You should start with smallish distances and work up to the length you'll be trekking on your trip. When you start your training, leave a day in between each walk to let your body recover. But as your body gets fitter, try to do back-to-back sessions each day – it'll help build your stamina for the relentless nature of a ten-day trek, where you won't have the luxury of rest days. Ideally, you want to be able to walk 4-6 hours – comfortably – before you leave.

## **2. Make leg-based cardio part of your routine...**

As well as doing long walks, you should also work some leg-based cardio into your daily routine. Cycling is awesome for building up muscle in your legs, but soccer, football, squash and swimming are all great too. If you're more into gym workouts, mix up your spin classes or cycling bursts with squats and lunges (the more weight, the better).



### 3. Take the stairs every chance you get

Stair climbing is also a good one for building up calves and quads, so take the stairs instead of the lift or escalator when you're at work or the train station.

### 4. Make sure you're walking properly

You've been doing it since you were around one year old, but it's super important to monitor how you're walking and if you're doing it correctly. Make sure you're hitting the ground with your heel first, then rolling onto your toe, which propels you onto the next step (this will help reduce the risk of shin splints and tendon pulls – ouch). Walk with your head up, eyes forward and shoulders level.

### 5. Mix up your training terrain...

When you're on your trek, it's unlikely you'll be walking on level footpaths and roads, so avoid training solely on level footpaths and roads. Instead, try to train on surfaces that will be similar to the trails on the trek. If you're heading to Everest or Kili, aim to train on steep, rocky terrain and loose shale; if it's Kokoda, try to find muddy paths. It's really important you prepare your feet, ankles and knees for the stress they'll experience on the trip.

### 6. Walk in all types of weather

It's also unlikely you'll get ten straight days of perfect weather on your trek, so prepare yourself for all conditions by walking in cold, windy, rainy, warm and humid conditions (where possible, of course!).

### 7. Try using walking poles

Walking poles will become your two new best friends. They take the pressure off your knees on the downs, and give you extra support on the ups. Incorporate poles into your training sessions so you get used to walking with them.

### 8. Train with a backpack

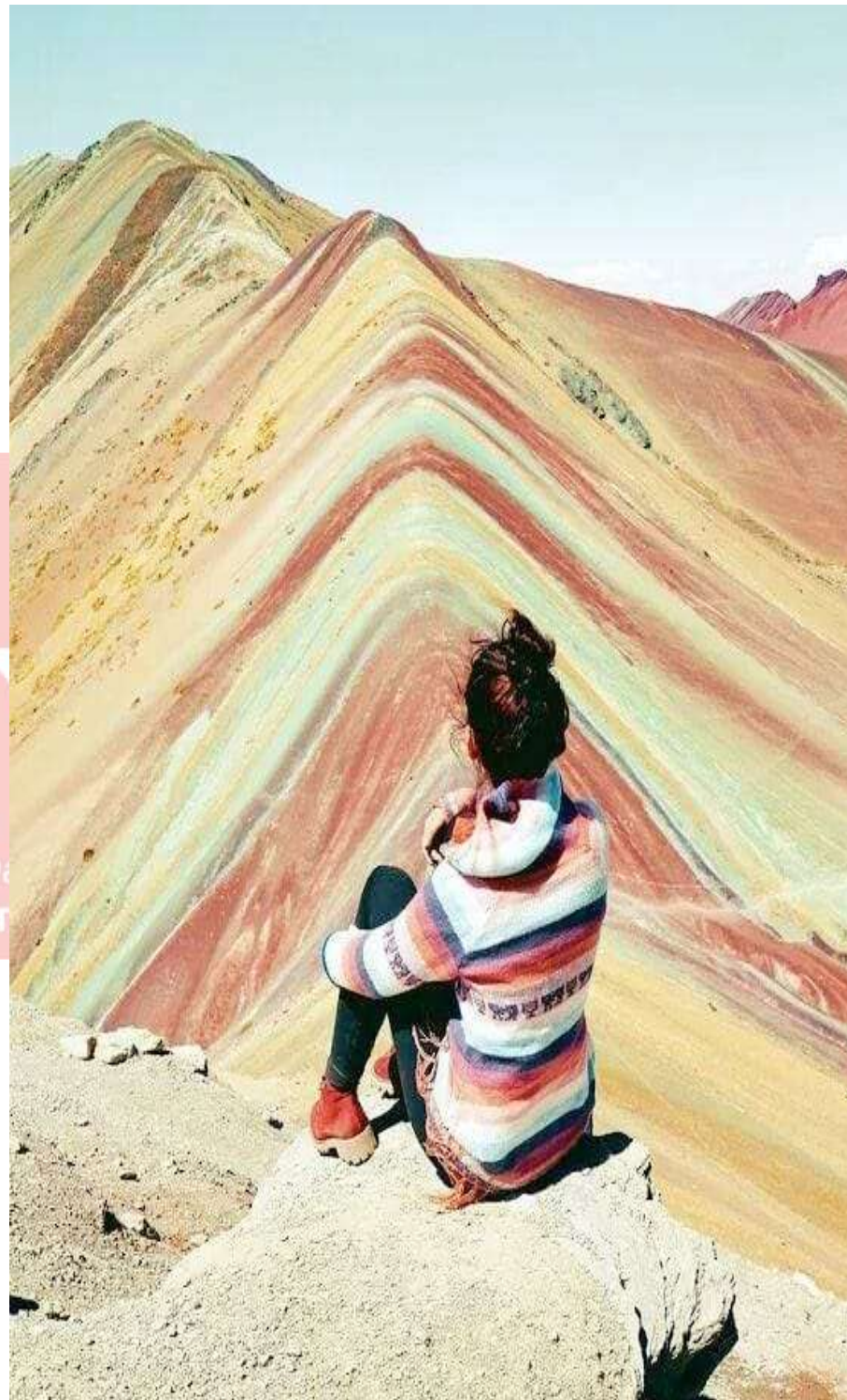
On almost all of our trekking trips, you won't be carrying your main pack, but you *will* need to carry a small daypack, packed with essentials like your camera, snacks, sunscreen, water and wet-weather gear. So, with all your days/weeks/months of training, make sure you're challenging yourself with a weighted bag. If you really want to push it, pack your bag with a few extras, so it's a little heavier than what you're planning to hike with on the trip – it'll make the eventual trek feel like a walk in the park (chortle).

### 9. Keep the tank fueled

It's SO important you're stocked with enough water and food during a trek (hydration is key!). Nuts, dried fruit, muesli bars and chocolate are all good, quick sources of energy and protein; keep a selection of these healthy snacks in your daypack. Also, bring along a reusable canteen; alpine streams are usually a great source of fresh water, but our guides provide boiled (and cooled) water daily throughout your trek. While you're in training-mode, try to eat and drink 'on the go' as much as you can, so your body can get used to digesting during strenuous exercise.

### 10. Invest in a good pair of shoes

Your feet are your most crucial body part on a trek, and it doesn't take much to keep them in toe-tappingly tip-top shape. First, invest in a pair of good-quality, water-resistant hiking boots; you want plenty of support and ventilation too. Then, wear them in. How do you do this? Wear 'em everywhere. On your training runs, on walks to the shops, to work, to formal events (well, maybe not). You get the idea though; by wearing them in as much as possible in the weeks and months leading up to the trek, it'll help avoid blisters, bunions and lost toenails. Then, stock up on a few pairs of really good hiking socks (preferably a wool/nylon blend), that will wick moisture and keep your feet dry. If you want to get a bit crazy, wear two pairs while walking to minimize your chance of blisters.





## Specifications

- Please, no hard suitcases or wheeled bags. Soft duffel bags and/or backpacks (“soft” luggage) are recommended.
- We provide a limited amount of electric energy, due to limited supply in the route and environmental concerns.
- Bathrooms are equipped with drying lines.
- Any additional clothing and luggage that you won’t need on the trek can be stored at your hotel in Cusco or at our office.

## Packing List

- |   |   |
|---|---|
| <input type="checkbox"/> Original Passport                    | <input type="checkbox"/> Sunglasses   |
| <input type="checkbox"/> Day Pack                             | <input type="checkbox"/> Hiking socks   |
| <input type="checkbox"/> Full rain gear or poncho             | <input type="checkbox"/> Sunscreen  |
| <input type="checkbox"/> Gloves (thin riding and warm gloves) | <input type="checkbox"/> Photo/video cameras and                                  |
| <input type="checkbox"/> Trekking pants                       | <input type="checkbox"/> chargers Binoculars                                      |
| <input type="checkbox"/> Breathable dry fit top-wear          | <input type="checkbox"/> Refillable water bottle (hydration bags are recommended) |
| <input type="checkbox"/> Comfortable shoes/flip-flops         |   |
| <input type="checkbox"/> Cold-weather jacket                  |   |
| <input type="checkbox"/> Long-sleeve fleece/sweater           |   |
| <input type="checkbox"/> Wool hat                             |   |
| <input type="checkbox"/> Hiking boots                         |   |
| <input type="checkbox"/> Baseball cap, sombrero and bandana   |   |





## OUR MEALS ALONG THE VINICUNCA “THE RAINBOW MOUNTAIN”

It is also important to note that if you have any food allergies or happen to be a vegetarian or vegan, ITEP will cater to you along the way.

### SAMPLE MENU

NOTE: This is only a sample menu for your hike. Exact food selections subject to change

#### OUR BREAKFAST SELECTION INCLUDED:

- Thick oatmeal with large fresh chunks of sweet apples.
- Andean Chuta Bread (traditional bread baked in colonial ovens)
- Omelets stuffed with peppers, celery, carrots, radishes and cheese

#### OUR LUNCH SELECTION INCLUDED

After hiking for sometimes 4 hours before a full meal, our lunches always had a great balance of just enough protein and the quantity control (never wanted to be so full you just felt like sleeping). Our chefs came up with some excellent dishes including:

- Vegetable Soup
- Peruvian Chicken Salad
- Native Peruvian Potato Chili with Rice & Spinach Cake
- Chicken Rolls
- Vegetable Salads
- Russian Salads

Note: this is a sample and Menu can vary day a day for our Chef.



# Travel Insurance

The Journey to Machu Picchu is an Adventure Travel Activity which takes place in remote locations and at certain times at very high altitudes. As such, it contains a certain level of risk. In order to ensure a safe experience for every guest, we kindly request that every guest presents valid proof of insurance coverage as a minimum for Medical Emergency Treatment and Evacuation. Please note that some insurance policies exclude Adventure Travel Activities or similar from the coverage, so please be careful when assessing and/or purchasing your insurance policy and please make sure that the insurance policy includes Adventure Travel Activities or similar coverage.

## Definition of 'Valid Proof of Insurance'

Inka Trail Expeditions Peru (ITEP) requires presentation of the following information at least 60 days prior to trip start date:

- Name of Insurance Company and Name of Specific Policy (if applicable)
- Coverage registration number or code
- 24hours emergency telephone numbers provided by the insurance company

ITEP partners with an insurance company called IHI – a member of the BUPA Group to offer insurance coverage for Medical Emergency Treatment and Evacuation, including Adventure Travel Activities. Upon your request, ITEP Travel may purchase this insurance coverage ON YOUR BEHALF from the mentioned supplier at a rate of US\$8 per person per day. The full terms of coverage of the mentioned policy can be found at:

<https://global.ih.com/travel+insurance/single+trip/cover.aspx>

ITEP Eco Travel can provide the afore mentioned insurance policy (IHI) at the rate of US \$ 8 per person per day. Please consult with your Travel Specialist for more details.





# FAQ: Below you'll find answers to some very common questions.

## **Is the Rainbow Mountain difficult?**

Great question! The Vinicunca also known like the Rainbow Mountain trail is considered a moderate hike; however, there are a lot of staircases to climb, and the altitude can also affect the body. We recommend renting a wooden walking stick as it helps with your balance and reduces stress on the knees. If you have mobility issues, please let your CEO know during booking

## **How many hours will I hike during the day?**

Make sure you pack your comfortable hiking boots, because it is estimated you'll be walking two to three hours on the day.

## **What are the requirements to hike the Rainbow Mountain trail?**

You must be over the age of 8, with a moderate level of fitness, and hold a passport that is valid for up to six months.

## **How high is the Rainbow Mountain?**

5,100 m / 16,732 feet.

## **How cold does it get?**

It can get chilly due to the altitude. During the Andean winter (May – September) the temperature can drop below zero at night. It can be cool during the summer months too, so we suggest bringing thermal underwear and a warm sleeping bag.

## **Is altitude sickness common?**

It's impossible to predict who will be affected by the altitude as your ability to adapt can vary from person to person. (We do recommend you undertake the trek in a good state of physical fitness.) Most of our travelers have no problem, as long as they take the time to acclimatize properly. This might include spending a full day in Cuzco (3,249m [10,659 ft.] above sea level) and drinking plenty of water.

## **When is the high season on the Vinicunca "Rainbow Mountain Trail?"**

Hiking the Humantay lake trek is popular all year round, however May to September is considered the high season.

## **How far in advance should I book my tour?**

To reserve a spot on the Vinicunca trail, we recommend you book your tour at least a week in advance during high season (May to October) and three months in advanced during low season (November to April).

## **Do I need a permit to hike the Vinicunca / rainbow Mountain Trail?**

No. We only require a copy of your passport on the day of your trek.

## **How do we get back to Cuzco?**

After you've taken in all the beauty of Rainbow Mountain, your group will travel by bus back to Cuzco.

## **What type of food will be served on the Vinicunca/Rainbow Mountain?**

Our cooks prepare excellent high-quality meals that are perfect for a day of trekking. The menu usually includes: pasta, rice, chicken, fresh fruit and vegetables, oatmeal, and eggs. If you're a vegetarian, no problem! We're able to cater to your needs. If you have any dietary restrictions or allergies, please let your CEO know.

## **Is purified water available on the Vinicunca trail?**

Bottled water can be purchased on day trek.

## **Can I bring my own walking stick?**

Yes, as long as it is not a metal-tipped walking stick, as they are not permitted on the trail. You can rent a wooden walking stick from us.

## **What is the suggested amount that I should tip the guides and porters?**

Tipping is at your discretion, but is always appreciated. If you enjoyed the service you enjoyed from your guides and porters, we suggest tipping between 6-8 dollars a day.





# Terms & Conditions

- A non-refundable deposit of 50% per person is required at time of booking.
- A reservation will not be confirmed until the deposit is made. Space may be allocated to the next request on the waiting list, if applicable.
- INKA TRAIL EXPEDITIONS PERU (ITEP) will issue a 48-hour HOLD on a reservation and will contact the party concerned before releasing space.
- ITEP will honor and guarantee any reservations with status of Payment in Process.
- Full payment is required 60 days before departure date.
- ITEP Travel requires full guest information to be handed in 60 days prior to departure.
- For a single willing to share, ITEP will request payment of the 10% single supplement 60 days prior to departure, together with full payment, in the case that a roommate has not been found. If a roommate is found for that guest between 59 to 0 days prior to departure, ITEP will fully refund the single supplement paid by that guest. In the event that the roommate of a guest who is willing to share cancels within 59 to 0 days prior to departure, the remaining roommate will not be subject to the 10% supplement.

## Cancellations

In the event of a guest's cancellation ITEP requires notification of cancellations in writing, by email or fax and the following cancellation fees apply:

- Until 60 days prior to trip start date: Deposit of 50% per person
- 59 - 30 days prior to trip start date: 80% of the total trip cost
- 29 days or less prior to trip start date: 100% of the total trip cost

## Transfer Fees

If a guest wants to change tour dates, the following fees apply:

- Until 60 days prior to trip start date: 20% per person
- 59 to 30 days prior to trip start date: 30% of the total trip cost
- 29 days or less prior to trip start date: 50% of the total trip cost

Additional notes on Transfers:

- Guests do not have to decide when requesting a transfer which future departure date they would like to join. The transfer fee is due when confirming the future departure date.
- Transfers are only valid until the end of the following year depending on availability (for example: if a guest cancels in 2019, the guest must travel on a departure date by December 2020).
- If there is an increase in the rates from one year to the next, the guest is responsible for assuming the difference, in addition to the transfer fee.

## Cancellation & Transfers of Additional Services

In the event of a guest's cancellation or transfer of additional services (extensions, additional hotel nights, tours, etc.), the following fees apply:

- Until 60 days prior to trip start date: No charge
- 59 - 30 days prior to trip start date: 50% of the total trip cost
- 29 days or less prior to trip start date: 100% of the total trip cost

Note: Special terms and conditions apply to our Travel experience. Your Travel Specialist will advise of specific reservations and cancellation terms.

## Peruvian Citizens(18% IGV):

As a way of promoting tourism, the Peruvian Government exempts foreign tourists from 18% general sales tax (locally known as Impuesto General a las Ventas, or "IGV") on hotel lodging

only. The rates provided by INKA TRAIL EXPEDITIONS PERÚ and/or any other hotel exclude this sales tax for hotel lodging. If you are a Peruvian citizen, resident, or have been traveling in Peru for more than 60 consecutive days please note that you will be charged 18% sales tax on top of the rate you paid for your hotel nights. All hotels require "proof of non-residency" by asking you to present your foreign passport upon check-in. If you cannot produce your foreign passport with the Peruvian immigration entry stamps and your tourist card, you will be asked to pay the applicable additional sales tax. **A copy of your passport is not permitted.** Please carry your passport with you when checking into any hotel.





# Travelers' Quotes



Finessowins  
Phoenix, Arizona



★★★★★ Escribió una opinión el 9 de octubre de 2018

## Best time ever!!

We booked a 5 day salkantay trek. It was an unbelievable time. Our tour guide, Alvina was the best. She was funny and very knowledgeable in Peruvian history.

The meals that were made by our chef, Sebastian were outstanding. We always ate something new and it felt like we were on a food tour instead of actually being in the Andes.

Pick up and drop off were as explained in the meeting before the trip. Anyone who is interested in doing the trek, bring poles! I am fairly young and in good shape and never would have thought my knees would hurt as much as they did.

Overall, an amazing time. I would book again!



Jade N



★★★★★ Escribió una opinión el 12 de agosto de 2018

## Teacher (NYC)

ITEP tour company was amazing to work with! There were 4 people total in our group and we booked Sacred Valley as well as the 2 Day Inka Trail. We felt safe and cared for throughout our entire trip. While the trail was difficult for some of us, our tour guide was with us every step of the way. This company was highly professional and punctual. Communication was great with everyone in this company. Would highly recommend!

Mostrar menos

Pregunta a Jade N sobre ITEP Eco Travel



RochelleK44



★★★★★ Escribió una opinión el 8 de agosto de 2018

## Maribel - Machu Picchu Tour Guide

Spent 3 days touring Aguas Calientes and Machu Picchu with Maribel from ITEP tour agency. Her wealth of knowledge of the history, flora and fauna of Peru, her command of English, her patience with questions, and keeping up the morale of the group were very well appreciated.

Mostrar menos



Aun Yiong C  
Ottawa, Canada



★★★★★

## Henry Chauca, Inca trail and Machu Picchu

Fantastic guide in terms of knowledge and experience. Extremely helpful, never too much to ask. Strained my knee and he ended up carrying my backpack for half the trail. Took time to allow us to take in the scenery and catch up! Knew the good spots for photos along the trail and at Machu Picchu.

Took me back to the hotel at the end of day and then went to buy some anti inflammatories for my knee.

I would most definitely recommend.



AnitaP7



★★★★★ Escribió una opinión el 7 de octubre de 2018

## Excellent hike - Must see!

Opinión sobre: Salkantay Trek en 5 días

Great tour, an absolute must for travellers and outdoor nerds. Great tour company and easy to deal with. Reasonable prices, nice variety of tours, friendly staff, great way to meet new friends. Would definitely recommend and use again when I'm back in S.A!!



Vali S



★★★★★

## Great Experience in Choquequirao

We booked the 4d3n trip to Choquequirao at ITEP and we can really recommend it. The service you get for your money is really really good - we didn't expect such a good service. Our tour guide Santiago and his team was really helpful and careful! We hadn't to care about anything, neither to build up our tent nor if we have enough snacks during hiking... They really took care about every little thing. We also booked a extra horse to carry our things and sleeping bags. The horses seemed to be healthy and the equipment was also good quality. The meals were absolutely amazing! I have no clue how our chef Nazario could do that but it was always delicious! I am vegetarian and it was no problem. We would definitely book it again at ITEP!



Caleb J



★★★★★ Escribió una opinión el 26 de octubre de 2018

## Trip of a lifetime

Percy was our guide and he was knowledgeable, helpful and patient. We had the best chef and ate the best food! I was a bit nervous because I have never hike before or been in high altitude but I had no problems completing the trek. 10/10 would recommend.



# ITEP Eco-Travel Honors



## ITEP ECO TRAVEL RECIBIÓ PREMIO EMPRESA PERUANA DEL AÑO

Por su liderazgo como la mejor Agencia de Viajes de Cusco, Itep Eco Travel recibió el Premio Empresa Peruana del Año 2016. William Escalante Taype, Gerente General; Karelyn Lucero Zárate Paucarmayta, Gerente de Operaciones Premium; Liz Katherine Enriquez Lozano, Minelva Tarapaquí Sipaucar e Isaúd Otto Josué Vela Santana, Gerente Ventas Corporativas.



tnews\_turismo Editar perfil

1,428 publicaciones 1,264 seguidores 1,015 seguidos

T News Turismo T News, líder en información para los profesionales del turismo, les presenta las mejores fotos y videos del sector.  
www.tnews.com.pe

PUBLICACIONES GUARDADAS

## Visit Our Blog

Comment about your adventure!

<https://www.iteptravel.com/blog/>



## DOING THE RIGTH THINGS!!!

<http://www.inka-foundation.org/>



Choosing **ITEP Eco travel**, you help to make our world a little bit better!!!

Don't just see our world, enjoy it and make it better.

"The activist is not the man who says the river is dirty. The activist is the man who cleans up the river." - Ross Perot

We know our **Planet Earth** is an amazing place, but it's far from perfect, **ITEP Eco Travel** is trying to do the right things to keep our World better for all of us and those that are not considerate.

When you travel with us, you help our **Inca Foundation** and you're giving back as much – if not more – but important for all of us!!!

**ITEP Eco Travel** is a social enterprise, which means the social value of what we do is going back to the destiny that you are visiting.

Our **sustainability** program "**Fundación Inca**" **Code of Ethics for Tourism** to promote responsible and sustainable tourism in those destinations where we operate, minimizing actions that may generate a climatic change, aiming for the welfare of our employees, clients, partners, providers and the community.

With our **Fundación Inca** you are supporting the local entrepreneurs, small businesses strengthen communities, raises the overall quality of life, and ensures that the places you love will continue to be loved, Teaching students to be environmental stewards,

Wonder  
PERU

Together with your support, we transform local orphanages into homes, provide clean water and quality healthcare, and fund scholarships for education.

We try to help some children experience difficulties in school, ranging from problems with concentration, learning, language, and perception to problems with behavior and/or making and keeping friends.

**ITEP Travel** is investing in the future by directing a strong focus on sustainable tourism projects and practices. Our objectives are to set in place responsible practices that will have a minimal impact on the environments and communities in which we work while at the same time ensuring our clients enjoy a memorable trip.

There are many reasons to choose **ITEP Eco Travel**, but the most important reason is that you can engage in a better world

Please visit our web site:

<http://www.inka-foundation.org>

If your Institution or Community needs our support:

Contact us to [info@iteptravel.com](mailto:info@iteptravel.com)



## TREKKING DIFFICULTY SCALE AND WHEATEAR CONDITIONS FOR OUR TRAILS IN PERÚ



The Hiking Difficulty Scale and Wheatear conditions were developed for two reasons:

- To help guests determine which hikes best match their skill-set and fitness level
- To increase the quality and safety of our tours.

Guests who have realistic expectations about the difficulty of their upcoming adventure are more likely to have an enjoyable experience.

Please review the information below before booking your tour:

*Avoid booking tours that exceed your hiking skills/physical abilities. During our group hikes, guests who are unable to maintain the group's hiking pace and/or do not have the required skills to hike safely, may be required by the guide to turn back.*

*Guests who would like to hike with a guide, but believe that the difficulty-level of our group hikes exceed their skills/abilities; have the option of booking private tours that can be tailored specifically to their needs. In such cases, we ask that inquires be sent via email.*

IMPORTANT: \*The following scale indicates the difficulty.



**Suitable for:** All people ages, including teenagers and seniors, who are in fair condition.

**Trail conditions:** Facilitated and wide, with hardened smooth surfaces. Excellent/extensive signage and trail markings.

**Type of terrain:** Flat/hilly.

**Distance, duration and elevation:** 2-3 km, 2-3 hours per day, with some increase in elevation.

**Guide role:** Facilitator, logistics, interpretation, and technical skills, and safety.



**Suitable for:** People of most ages - teenagers – and senior who are in general good condition, and have previous hiking experience.

**Trail conditions:** At times facilitated (wooden/stone staircases, bridges, railings). Narrower and more technical, although mostly firm and stable surfaces. Rocks and other obstacles are present. Some signage, good trail-markings.

**Type of terrain:** Hilly, with some steeper, rocky sections where good eye/hand/feet coordination is required.

**Distance, duration and elevation:** 3-8 km, 3-6 hours per day, with quite elevation gain.

**Guide role:** Facilitator, logistics, interpret with, technical and safety skills.



**Suitable for:** People of most ages – teenagers and senior – that are in very good condition, and have previous hiking experience.

**Trail conditions:** At times facilitated with simple technical equipment (i.e. chains, ropes). Narrow/nonexistent trails mostly



marked with simple signs/cairns. At times more technical “off-the-beaten-track” hiking.

**Type of terrain:** Mountainous. Steeper sections with rocky surfaces requiring good eye/hand/feet coordination. Unsteady surfaces and a variety of obstacles (i.e. creeks, swamps, bushes and boulders) occur.

**Distance, duration and elevation:** 8-12 km, 6-7 hours per day, with significant gain in elevation.

**Guide role:** the guide behaves mostly as a mentor, focusing on the trail, with technical and safety skills. Logistics are planned well in advance.



**Suitable for:** people of most ages – teenagers and senior – that are in a really good physical condition with hiking experience.

**Trail conditions:** rarely facilitated with very simple technical equipment (i.e. chains, ropes). Mostly non-existent, unmarked trails. Mainly technical “off-the-beaten-track” hiking and scrambling.

**Type of terrain:** Mountainous. Mainly unsteady surfaces and a wide variety of obstacles (creeks, rivers, swamps, bushes, boulders, and steep rock surfaces).

**Distance, duration and elevation:** At least 12 km, and more than 7 hours, with at least 1500 meters gain in elevation per day.

**Guide role:** expedition leader with great focus on the trail with technical and safety skills. Logistics are highly tailored and well planned in advanced.



This symbol indicates that the organized tour might include snow/ice conditions. In such cases, your guide during your pre departure briefing will provide you with all the necessary information about the weather on the trip your selected. Bringing along good wind/water-proof hiking clothes, suitable for winter conditions, is necessary. Provably required equipment – typically hiking poles, spikes and/or snowshoes – which are not included in the tour’s price. Snow activities can include all levels of difficulty.

<b>MAY / AUGUST :</b> Day time: Cold / Dry / Warm Night time : Very Cold / most probably is not going to be rainy	
<b>SEPTEMBER   ABRIL:</b> Day time: Cold   Rainy sometimes Night time : Very Cold   Rainy most of the time	

### Disclaimer

This scale, symbols and descriptions as shown above are under constant development, based on our guides ‘experiences and guests’ feedback. Although we do our very best in providing our guests with the best information possible, the hiking difficulty scale has a purely indicative function. ITEP Travel Group does not accept any liability for using our hiking difficulty scale. For all our tours, our general conditions of contract apply.



WE ARE PROUD TO BE MEMBERS IN:



*For additional information and reservations please contact:*

[info@iteptravel.com](mailto:info@iteptravel.com)

[www.iteptravel.com](http://www.iteptravel.com)



**PERU OFFICES:**

**Cusco Office:** Av. San Agustin, Off. 317 Cusco 004-Peru Tel: +51 84 253617 **“Main Office”**

**Lima Office:** Av. La Paz, 676 Oficina 204

**Machupicchu Office:** Urb. Las Orquideas, F-6